



6th Kyu

| No | KIHON WAZA | BASIC TECHNIQUES |
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| 1 | Kette – Junzuki | Kick (body, below & in-line with the fist) - straight punch (body) |
| 2 | Kette – Gyakuzuki | Kick (body, below & in-line with the fist) - opposite punch (body) |
| 3 | Tobikomizuki – Shizentai | Gliding snap punch (face) – left natural stance |
| 4 | Surikomi Mawashigeri Jodan | One step roundhouse kick (head) |
| 5 | Surikomi Sokuto Jodan | One step stamping side kick (head) |
| No | RENRAKU WAZA | COMBINATION TECHNIQUES |
| 1 | Maegeri – Sokuto Fumikomi- Gyakuzuki | Front kick (body) – stamping kick with edge of foot (knee area) - opposite punch (body) |
| 2 | Surikomi Maegeri – Sokuto Chudan - Gyakuzuki Chudan | One step front kick (body) – stamping side kick (body) – opposite punch (body) |
| No | UKE WAZA SANBON GUMITE | PARTNER TECHNIQUES |
| 1 | Jodan Uke Ipponme | Head block 1 |
| 2 | Jodan Uke Nihonme | Head block 2 |
| 3 | Chudan Maegeri Uke Sanbonme | Kick block 3 |
| 4 | Chudan Maegeri Uke Yonhonme | Kick block 4 |
| No | OHYO GUMITE | SEMI-FREE FIGHTING |

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| 1 | Ipponme | Semi-free sparring Number 1 |
| 2 | Nihonme | Semi-free sparring Number 2 |
| No | KATA | FORM |
| 1 | Pinan Nidan | Pinan Nidan |
| 2 | Pinan Shodan | Pinan Shodan |
| No | JIYU KUMITE | FREE |